

Ottawa Youth Competitive and Recreational Sports Teams

Volleyball

- Mavericks: Boys and Girls competitive volleyball teams. Offers indoor and beach. For kids in grades 4- 12, ranging from the Young Mavericks team to Senior High Performance. For more information visit <http://www.maverickvolleyball.ca/>
- Ottawa Fusion Volleyball Club: Boys and Girls competitive indoor volleyball teams. Groups from 14U to 18U. For more information visit <http://www.ottawafusion.ca>

Swimming

- Greater Ottawa Kingfish: A competitive (and junior competitive) swim club, offering programs to kids between the ages of 6 and 18. Great for novice swimmers or international level high performance athletes. For more information visit <http://gokingfish.ca/>
- Nepean Kanata Barracudas: A competitive swim team stationed in the Nepean area, offering programs to kids between the ages of 6 and 18, as well as offering swimming lessons. For more information visit <https://www.teamunify.com/Home.jsp?team=cannkb>
- Ravens of Carleton Swimming (ROC): A swim team which offers programs such as swimming lessons, pre competitive groups, and competitive teams. For more information visit <http://www.rocs.ca/>
- Ottawa Swim Club: A competitive swim team for young people looking to develop and improve their swimming ability. Offers pre-competitive to senior programs. For more information visit <http://www.ottawaswimclub.ca/>

Hockey

- Ottawa Sting: A minor hockey league team offering atom, peewee, bantam and midget teams ranging from B to AA. Tryouts and registration must occur in the month of August. For more information visit <http://ottawasting.com/>
- Ottawa West Golden Knights: A minor hockey league team offering atom, peewee, bantam and midget teams. Tryouts are held in June and August. For more information visit <http://goldenknighthockey.org/>
- Blackburn Stingers: A minor hockey league team offering novice, atom, peewee, bantam and midget team programs. Tryouts and registration begin September 1st. For more information visit <http://www.blackburnstingers.com>

- Gloucester Rangers: A minor hockey league team offering a novice program, as well as atom, peewee, bantam and midget A/AA teams (ages 5-17). Register in July, tryouts are held in August. For more information visit <http://www.gloucesterrangers.com>
- Ottawa Jr. 67s AAA Hockey: The Jr. 67s AAA club is an elite high performance hockey team offering major peewee, minor/ major bantam, and minor/ major midget programs. The registration deadline is June 29th, and tryouts are held in August. For more information visit <http://www.ottawajr67aaa.com>
- Ottawa Valley Titans AAA: A very competitive and elite hockey team offering major peewee, minor/ major bantam, and minor/ major midget programs. Tryouts are held in August, for more information visit <http://ovtmha.on.ca/>
- Upper Canada Cyclones AAA: An elite, high performance AAA hockey team offering major peewee, minor/ major bantam, and minor/ major midget programs. Tryouts are held in August. For more information visit <http://uppercanadacyclones.com>
- Eastern Ontario Wild AAA: An elite and competitive AAA hockey club offering major peewee, minor/ major bantam, and minor/ major midget programs. Tryouts are held in August. For more information visit <http://wildaaa.ca/>

Basketball

- Ottawa Shooting Stars: A competitive basketball club with atom, bantam and midget boys and girls teams. Registration is in September. For more information visit <http://www.ottawashootingstars.com/>
- Nepean Blue Devils: A competitive basketball club offering Atom and Bantam teams for boys, and atom, bantam, and midget teams for girls. Registration and tryouts held in September. For more information visit <http://www.nepeanbluedevils.ca>
- Goulbourn Basketball Association: The GBA offers both recreational and competitive teams for kids ages 5-18. The Goulbourn Basketball Association's programs are an excellent opportunity for players interested in an increased level of competitive basketball. For more information visit <http://www.gbahornets.com/>

Soccer

- Ottawa Fury: Ottawa Fury is a competitive soccer club, offering boys and girls teams ranging from U13 to U16, as well as elite senior teams. For more information visit www.ottawafury.com
- Ottawa Internationals Soccer Club: A soccer club offering developmental programs (ages 5-11), youth recreational teams (ages 12-19), youth competitive teams (U9 – U19) and elite teams. Tryouts are held in April and May. For more information visit <http://ottawasoccer.com/>
- Ottawa Royals Soccer: A soccer club offering youth developmental, youth competitive, senior competitive and old timer's soccer teams. Registration and tryouts are held in February and March. For more information visit <http://www.ottawaroyals.ca>
- West Ottawa Soccer Club: A competitive soccer club offering programs for kids ages 4-18, and adults. There is winter development training, fall tryouts, and spring tryouts. For more information visit <http://www.wosc.com>

Football

- East Ottawa Generals: Boys and Girls football teams, ages 8-17. Boys tackle football offered at tyke, mosquito, peewee, bantam and midget levels (girls touch football as well). Part of the Ottawa Spring Football League. For more information visit www.eastottawagenerals.ca
- Orleans Bengals: Tackle football offered at tyke, mosquito, peewee, bantam and midget levels, as well as girl's touch football and cheerleading. For more information visit www.orleansbengals.org
- South Ottawa Mustangs: Boys tackle football offered at tyke, mosquito, peewee, bantam and midget levels as well as girl's touch football at the peewee and bantam level. For more information visit www.southottawamustangs.com
- Nepean Redskins: Football club offering boys tackle football at tyke, mosquito, peewee, bantam and midget levels, as well as flag and girl's touch football. For more information visit www.nepeanredskins.com

- Gridiron Football Academy: A football academy for athletes looking to improve their skills, fitness and performance. Offers a March Break Camp (ages 7-13), in- season training, off season performance work, and specific position training. As well as personal training and nutrition. For more information visit <http://www.gridironacademy.org>

Dance & Cheerleading

- Elite Dance Studio: For kids ages 3 and up, Elite Dance Studio offers recreational, pre-competitive and competitive dance teams. For more information visit <http://www.elitedancestudio.ca>
- Kali Andrews Dance Company: A dance school offering recreational and competitive teams, as well as adult classes. Audition dates for competitive are held in August. For more information visit <http://www.kaliandrews.com>
- Black Widow Cheer: A competitive cheerleading team for kids ages 4-17. For more information visit <http://www.blackwidowcheergym.com>
- Ottawa Cheer Elite: A cheerleading club offering recreational and competitive cheer teams, as well as after school programs and summer camps for ages 4-25. For more information visit <http://www.ottawacheerelite.com>